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THE
HARROGATE MINERAL WATERS

A. S. MYRTLE

CHRONIC DISEASES

BEST FITTED FOR TREATMENT

BY THE

HARROGATE MINERAL SPRINGS.

BY

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LONDON:
BAILLIÈRE, TINDALL, AND COX,
20, KING WILLIAM STREET, STRAND.
1876.

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PREFACE.

THE following pages have been written partly by way of amusement, but mainly in order that they may serve as a sort of guide to medical men in selecting patients most likely to derive benefit by a visit to Harrogate. I have abstained from publishing individual cases and have dealt in generalities; giving the result of my experience of the many, in preference to selecting typical examples of diseases, by way of showing how Harrogate waters and baths may be most successfully employed in dealing with them. That they can be so employed in a great variety of chronic ailments with as much benefit as any other mineral waters is a fact which is being more and more admitted by the public and the profession.

June, 1876.

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GENERAL REMARKS.

BEFORE entering on the medical aspect of Harrogate in relation to the sick, I venture to say a few words on its general salubrity and suitability as a residence for the healthy. There may be towns in England showing a lower death-rate, but I question if there is any town which can show a greater immunity from the various forms of epidemic diseases that prove so very destructive to children, and this I think can be easily accounted for when we look at its high and open situation—pure air, dry soil—its general plan of construction, abundant first class water supply and its perfect system of drainage. To these alone is Harrogate indebted for its general healthiness, and above all for its freedom from infectious diseases, this is all the more remarkable when we know for a fact that annually hundreds of children come to it in order that they may recruit themselves after attacks of diphtheria, small-pox, whooping-cough, measles, and scarlet fever, diseases which always swell the death-rates of our densely peopled towns, and carry off so many children under eighteen years of age. Less

than twenty years ago Harrogate contained one boys' school and one girls', now there are at least a dozen of each, collectively containing a very large number of children at an age most liable to disease. I have made inquiries at most of these schools, and I find that many of the children were sent on account of their delicate health ; that one boys' school, established for above twenty-five years, with an average of seventy pupils between eight and eighteen years of age, has never had a case of any infectious disease in it except measles, and never had a single death. That a lady's school established for even a longer period, with an average of thirty pupils of the same age, has a similar report to offer, with one imported case of scarlet fever and recovery ; that another lady's school in existence for eighteen years, with an average of eighteen pupils, reports health of children interrupted once by a mild form of measles. In one lady's school which I have attended for fourteen years I have watched the progress of a large number of delicate girls, and can speak with confidence on one point ; they improve in health as soon as they come to Harrogate, and during their holiday visits they very often lose colour and tone, regaining both on a resumption of school life.

The children in Harrogate are remarkably free from scrofulous disease ; the distinguishing feature of which I hold to be a tendency to form pus or matter, whenever the child's health is disturbed, or

should it receive any trifling local injury. This tendency in all probability depends on some imperfection in the performance of those organic changes connected with the functions of assimilation, involving not only ingestion and egestion, but the final yet important changes wrought in the system through the influence which pure air and sunshine exert on the red corpuscles of the blood, for which they have the strongest affinity. Destroy this affinity, let a child breathe foul air, live in darkness, add damp to its surroundings, and feed it as you will, let it originally be of the healthiest class, yet in a few weeks it will show signs of struma, its glands, joints, will become enlarged, inflame and suppurate, and in a little longer time tubercle will be found depositing itself in some of the most important organs of its body. My experience of Harrogate as a place of residence for children who show symptoms of the strumous diathesis leads me to recommend it strongly to the parents of such children. As a rule they require no more than the ordinary treatment which school affords, they neither stand in need of waters nor physic, they have simply to live in its pure atmosphere in order that their health may be brought to as high a standard as it is capable of attaining. I have little doubt in a very few years Harrogate will be one of the most popular educational towns in England, when the above fact becomes sufficiently recognised.

To ascertain the health of the inhabitants generally I examined the records of the district registrar, for 1875, a year when there was a severe winter—trying to young and old, and with the foreigner's ideal English summer as a reality, three fine days and a thunder-storm—in fact we had no summer worthy of the name. The following are the mortality returns, and I have divided the periods into five years:

Under	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
	48	1	4	2	8	8	5	7	3	6	4	11	8	8	6	9	4	2

Total deaths 144, in a population of 10,000 residents. The largest number of deaths took place among children under five; of the 48—40 died in their first year, and of the 40—14 died within a fortnight of birth. Of deaths from zymotic diseases 6 were attributed to croup, 3 to whooping-cough, 2 to continued fever, 1 to typhoid and 1 to scarlet fevers. The most frequent causes of death were those most common to every part of great Britain; namely, consumption, bronchitis, and heart disease. These deaths relate to residents alone; among the visitors I found 26 deaths recorded during the year, and I confess I was somewhat surprised to find such a small number, when I took into consideration the thousands* who come to Harrogate annually, and

* It is impossible to learn the number of *visitors annually*, but as 15,000 subscribe to one of the Wells, and 20,000 to another, the number may be safely put down between sixty and eighty thousand.

the per centage of them who come suffering from various forms of advanced stages of many diseases that must terminate fatally. On adding the ages of the 26 visitors together I found the average age at which death took place was 66 years and a fraction, so that natural decay had something to do with their bill of mortality.

HARROGATE AS A HEALTH RESORT.

It is impossible to fix the time when Harrogate was first resorted to on account of its wells, but we can safely state that for the past two hundred years many sick people have come to it in search of health; year by year the number has increased, and to such an extent that last year, during the height of the season, it was no easy matter to supply the demands made at the different pump-rooms and Baths; at the latter many had to wait for hours till their turn came, and at the former, unless you went early, you had to dawdle about a bit before you could procure your morning's draught. The question very naturally arises, how is it that whilst other watering-places in England, once famous, have quietly collapsed before the rage for foreign Spas, Harrogate has not only maintained its place, but has grown rapidly from a small insignificant village into one of the most important health resorts in this or any country? how is it that thousands of people flock to drink waters which, as a rule, are anything but palatable, and when compared to many of the justly celebrated continental waters, simply atrocious? The reason is

not far to seek. Harrogate, in the first place, possesses, and that within a very limited geographical area, a greater variety of springs, as regards their chemical composition and physiological action, than any place I have yet heard of; and in the second, its climate and environs offer to the invalid conditions which few places afford. Many visit it for these alone, finding that the air is so pure and invigorating they require simply to breath it for a time in order to regain that natural or healthy equilibrium which somehow had been disconcerted.

It is not my intention to enter into topographical matters, or to say anything about the different classes of springs or their medicinal properties; for information on these subjects I must refer the reader to any of the little treatises which have been written thereon. I shall content myself by stating broadly that from the unparalleled diversity of these mineral springs, as regards their number, composition, and strength, few cases of chronic functional health derangements are beyond their reach, and many cases of structural changes in most important organs, especially those connected with the processes of digestion, assimilation, and elimination, are greatly benefited by their judicious use, for a time, at least, the progress of diseased action is retarded, and the patient enjoys a respite. I grant in such cases the good may be only temporary, but even here "half a loaf is better than no bread," and is gratefully accepted by the suf-

ferer. It may be supposed, and very justly, that I look on everything connected with Harrogate with a strong necessity, 'tis "Hobson's choice" in my case. I admit it, 'tis quite true I have a decided bias in that direction, and avow it; but am I singular in this? In the avowal I may be, but in the leaning to a certain sheet-anchor I am not. Have not all medical men their favourite weapons which from practice they use more skilfully, and therefore more successfully than others? Do we not find some one agent entering into every or almost every prescription of the most unprejudiced physician? it may be Tr. Aurant Co.—Spir. Chloroformi—Sod. Bicarb—or Bismuth, to say nothing of more potent remedies; and as to diet, has not each his favourite dish? mutton-chops, white meats, milk, fish; one allows nothing but claret, another dry sherry; this one may go the length of champagne, and that one permits nothing but whisky and water; all are good, but whilst the Harrogate doctors may prescribe the same régime as regards food and drink, they are constrained to limit their treatment to the administration of the natural materia medica at their command, for the best of all reasons, under the circumstances it is the best thing they can do, and the very thing for which their patients have been sent for; ordinary treatment in the majority of instances has been pretty fairly tried, they now desire and expect that we shall employ that to them extraordinary, to us usual plan of dealing with their symptoms, in

order that health may be restored. Medical men as well as their patients frequently write describing their cases and asking if, from the description, we doctors in Harrogate advise a trial of its waters, and it is partly with a view to point out those cases which are almost certain to derive benefit by such a course, that I venture to pen the following remarks—remarks, I may add, founded on sixteen years' experience, and a growing conviction that the rôle which Harrogate has played, and will play, in dealing successfully with a wide range of chronic diseases, is far greater than even its most sanguine advocates now claim for it.

One word here on cases that cannot receive good, and frequently are greatly weakened if not injured by being sent to us. I allude to all cases of advanced organic disease, of whatever nature. I have had many, too many, cases of old standing, often complicated, disease of the heart, liver, lungs, kidneys, brain, consigned to me, cases which no plan of treatment, above all no kind of mineral water, could possibly reach, when they ought to have been allowed to bide their time at home surrounded by its comforts, and among their own people; the difficulty and danger attending the removal of such is so great, that even should the patient desire to make the effort, his friends should try and persuade him to abandon it. Still I often find that the love of life, the longing for ease, the yearning for change, impels

many to seek and obtain permission from the doctor himself to try what Harrogate can do for them; and this is what happens. After a weary journey, the poor invalid arrives worn out and exhausted; he has to put up with the first lodgings he can find, or submit to the noisy bustling life of an hotel; then he sends for a doctor, and tells him he has come full of hope that he will get well, asks at once what waters he is to drink and when he may have a bath. The doctor finds him suffering from various organic lesions; he may be dropsical or his blood degenerated, and so weak he cannot wash his hands and face without being overdone, requiring to sit down and rest before he has strength to dry himself; and in this state he expects to be told to drink and bathe "like the rest of them." And when told no water can be administered to him with benefit, no bath with safety, he cannot understand it; likely enough he thinks he has got hold of the wrong man, and determines to see what a couple of glasses of the old sulphur will do for him, and possibly they nearly *do* for him. Notwithstanding he may persevere for a morning or two, when, disappointed in his new doctor, in the waters and everything about the place, he leaves Harrogate for somewhere else, forgetting or ignoring that wherever he goes, or under whomsoever he places himself, he must carry the burden imposed upon him; it has become a part of himself as much as his right hand. Other cases there are who, owing to idiosyncrasy, find

Harrogate anything but a comfortable place to live at; and just as some get feverish and bilious and drowsy at the sea-side, so others become restless and sleepless here. The air is too strong for them, takes away the appetite they had, and induces a feeling of malaise that is anything but desirable; these cases are by no means common, however, and generally speaking, with a little treatment the symptoms readily pass away.

INDIGESTION.

THE multifarious forms of Chronic Dyspepsia, especially those associated with the bilious or gouty habit, are among the most suitable cases for Harrogate treatment; under its influence we generally find a speedy and not uncommonly a lasting improvement. First of all constipation, the most usual and persistent symptom, gives way, and with the daily action of bowel, the feeling of biliousness passes off, the process of digestion becomes less protracted, and is not accompanied with acid fermentation and flatulence, the chief causes of that mental depression and sleepless condition of the confirmed dyspeptic; in a few days the patient begins to enjoy food, and loses that dread which he has formerly felt after eating, lest it should be followed by symptoms of greater or less misery.

Three forms of Indigestion having very different origins suggest themselves as worthy of special notice, because each can be successfully dealt with by a course of Harrogate mineral waters, and perhaps more successfully than by any other plan; the first

arises from over-taxing of the digestive organs, the second from inherent faulty action in their dealing with food, and the third from structural changes in themselves.

THE OVER-TAXED DIGESTION.

THIS is generally met with in people of middle life, who, after many years of hard work, find they can take it easy, and live like fighting-cocks; their habits become luxurious, they rise late — why shouldn't they?—enjoy a sumptuous breakfast of kidneys, sausages, and devilled fowl, with buttered toast and muffins; then for an hour they read the morning paper, with one or two letters; after that they go very gently to their conservatory and creep the length of their flower garden. By this time it is one o'clock, and they sit down to a hot lunch (the children's dinner); here they play a very good knife and fork, and wash all down with Bass or XX, to be followed by a glass or two of sherry.

At three they drive in a well-hung carriage till five, when they must be home for their cup of tea and little bit of bread-and-butter; after this they lounge in easy-chair or sofa—likely enough take a nap—till the bell sounds "dress for dinner" at 7.30; the chief work of the day begins, and they make a good, hearty dinner, and take their fair allowance of wines, but don't drink to render the words "British

Constitution" a stumbling-block for their tongues. No, they really are very moderate, at least they think so. Yet they grow fat; but, then, that belongs to their family—their mothers or fathers, at their age, you should have seen them, they were at least twice their size. They sleep a good deal, have such capital nights; somehow they get puffy; still there cannot be much the matter—their appetites are good, all their functions are regular and healthy, and nothing ever disagrees with them. As years pass on, they are observed to snore terribly; dream much and painfully; the secretions become scanty and irregular. Hæmorrhoids make their appearance; or lumbago, gout, or eczema. The appetite fails. Nausea is very constant, notwithstanding the use of "pick-me-ups" and dinner pills—in fact, they begin to think themselves ill, especially if their hearts become troubled with palpitation.

When such cases come to Harrogate, their whole mode of life is necessarily changed, and the action of the sulphur waters and baths, with attention to diet and exercise, produce a marvellous transformation in a very short time; by these the various organs which superintend the removal of impurities from the system are roused to exert themselves; the bowels, kidneys, liver, lungs, skin, act simultaneously, not excessively, but gently and continuously. Even languor, stupor, give way to a desire to be up and doing—puffiness is no longer felt, sleep is quiet and

refreshing — no palpitation, the appetite is now healthy, the digestion good, and the mind, in sympathy with the body, responds and exhibits a freshness and grasp which it has not shown for long.

All the symptoms I have enumerated, and I have by no means exhausted the list, can be traced to the excessive quantity of food taken, as well as its richness, when compared with the requirements of the system. In the disposal of that food the whole digestive apparatus is unduly oppressed, both as regards the work it is asked to accomplish and the time which must be occupied in the performance of that work. The result is, as might be expected, most unsatisfactory ; and the addition of an ill-concocted chyme and chyle to the circulating blood is by no means the only mischief which we have to bear in mind. For experience proves that sooner or later the most important organs in our bodies become involved—liver, kidneys, heart, one after the other show signs of distress—and if not relieved by appropriate treatment, must become the seat of organic disease.

In this form of indigestion, much harm comes from the stomach being allowed little or no time for rest. No sooner has it disposed of one meal, or even long before it has done so, than another heap is added, which, in the first place, interrupts the process of digestion, and, in the second, causes renewed efforts on the part of an already wearied organ.

This repeated day by day produces mechanical distension, which means, ere long, thinning of its walls and partial paralysis of its muscular fibres.

The history I have given is that of an accidental or acquired form of indigestion in the person of a perfectly healthy individual, with a very good stomach to start with. There is another class whose digestion is occasionally bad or foul, not by reason of over indulgence, but on account of some hitch taking place for weeks together, during the chymification of every meal. The symptoms observed are, a foul breath, swollen tongue, with marks of teeth at edges, teeth coated with "tartar," gums spongy, appetite irregular, generally best at night; digestion accompanied with sour eructations, heartburn, and a sense of epigastric fulness, requiring the dress to be eased; bowels generally sluggish, urine scanty and charged with urates; on getting up in the morning, slight nausea, headache and nasty taste in the mouth are frequently present, and there is no desire for breakfast.

Most fatty matters, especially those which have been fried (oxydized) or in any degree "rusty," give great offence and repeat themselves for hours; animal food generally difficult of disposal, and all sweets disagree; consequently people with foul stomachs have no choice, but must live carefully, as the least error in diet is followed by sickness and intense headache. The liver is seldom at fault here, and the fits of indigestion are generally brought on by some-

thing or other—a bad egg for instance, or piece of stale pastry—putting the stomach wrong. When once turned it may remain foul for weeks or months in spite of diet and treatment. When the attack passes off, the stomach works pretty well, but being vicious by nature, is not to be tampered with.

Frequently this form of indigestion, from being periodical, becomes habitual or chronic, and proves, I need not say how great, a nuisance; the symptoms then are perhaps not so severe as when the attacks are recurrent; but they are, or some of them, constantly felt, and for their relief all sorts of stomachic medicines are employed with varying success, most doing good for a time, and then ceasing to have any effect. In many of these cases I have seen much benefit derived from a course of the sulphur water given in mild aperient and alterative doses for a week or two, to be followed by a similar course of the saline chalybeates. These are the cases which are most usually ordered to Wiesbaden and Homburg, and no better course could be followed, if time and purse allow; if not, Harrogate is the next best place for health's sake.

THE FAULTY DIGESTION.

THIS form of dyspepsia is the counterpart of the one just described, and arises from incapacity on the part of the stomach to perform its duty, except partially. All may go well for a time, but at a certain stage the healthy and natural process of food-reduction is arrested or perverted, and the feelings of the unhappy sufferer are extremely wretched.

For the most part those subject to this kind of dyspepsia live very sparingly, are regular in all their ways, likely enough abstainers from alcoholics; sometimes they are thin and wiry as whip-cord, at other times they are fat and waxy, nothing like "go" in them, however; but whether lean or stout, they suffer alike from the same symptoms, the most common among which are habitual constipation, flatulence to an incredible extent, acidity, sense of weight or pain at pit of stomach, nervousness, despondency and sleeplessness. What to them seems most unaccountable is, let them live as carefully, as sparingly as they will, they cannot get rid of those miserable sensations after eating; notwithstanding which they are often capable of great activity of

mind and body. And what has appeared to me most singular is, after a night spent in wretchedness and unrestfulness, they will appear next morning looking quite as fresh as if "sleep, gentle sleep, nature's soft nurse," had been very liberal to them; moreover, after breakfasting on a piece of dry toast and little weak tea, they will face a hard day's work.

Frequently we find them exhibiting an undesirable degree of sensitiveness: the least thing worries them, and they are apt to display a quickness of temper of which they are themselves ashamed; their very muscles will not be at rest, and show their intolerance by useless and oft-repeated movements known as the fidgets. We also find them much given to drugs, especially of the "patent" class; they never travel without their box of pills, essence of camphor, or charcoal capsules; in the way of food, too, they are very whimsical, and refuse many things they really might partake of, fancying they must disagree with them. If they go for a holiday they make a muddle of that even, for they rush about like maniacs, and do the best they can not to enjoy themselves, as well as to materially mar the pleasure of any unfortunate devil who has been so good-natured or foolish as to join them in search of repose. This unhappy condition would leave one to expect that the machine would very soon wear out; not a bit of it: these perverse stomachs last for ever, and their owners as a rule last quite as long. Often after

recalling their family afflictions to you, telling how one after the other had been cut down, they conclude by saying, "And I am the only one left, eighty-two years of age, yet I was always looked on as the delicate one in the family."

The organs most intimately connected with digestion in these cases are sound enough in themselves, and therefore ought to be competent for their allotted work, but are not, because they are not furnished with the amount of nerve supply or vitality which they require; somehow this falls short, they lose their tone, and gradually the stomach becomes the tyrant of the man. The influence which the nervous system has on the process of digestion, especially during its earliest stages, is well known, and many cases could be brought forward to show this. It is even admitted that pleasant social intercourse favours it, and that to eat in solitude and silence retards it; the various secretions which act chemically on the food depend on structures whose functions are performed solely at the will, if I may use the expression, of certain nerves with which they are supplied from the Sympathetic Ganglia; and this great nerve-centre has a fellow-feeling and communion with every portion of our bodies—ay, each of the special senses may exert an influence for good or evil on the silent action of this controlling force, and so alter the character of its current as to arrest the healthy performance of the various functions on which our

comfort—our very existence—depend. Tell a man suddenly, after he has eaten a full meal, of some heavy calamity which has overtaken him, and you might as well almost give him poison; place before his eye some hateful sight, and you at once arrest digestion, and induce a train of symptoms all are familiar with. But these are extreme examples, and the cases of Faulty Digestion I have to deal with are chronic; they vary very little in their history day by day, and it matters not how carefully one studies what he is to eat, drink, and avoid; until a plan is hit upon which shall rouse the gastric nerves to act when they are wanted, and to keep quiet when they are not, little improvement need be looked for. You need not expect much good from any course of physic or system of diet so long as you allow your patient to continue his usual work, or even mode of living; he requires to be taken out of the groove he has been so long running in, to be surrounded by a totally different assortment of externals, to have his mind diverted from its usual current of thought; you must get him to study his stomach less, and to indulge it with a greater variety of both meat and drink.

Very commonly those who suffer from this kind of nervous dyspepsia lead sedentary lives, are much engaged with head-work; they bolt what little food they take, and their weak stomachs grow weaker and weaker, until they can scarcely digest anything. These

are the cases I have seen do so well under the use of our saline chalybeate springs, combined with hotel life, which they often dread, but which forms an important part in their treatment; by it they are enabled to spend their time pleasantly indoors, and to join in excursions to the many interesting and glorious haunts within a few hours' drive. This is far better than taking long lonely constitutional walks or rides, the great benefit of which we often hear, but never feel; surely the dyspeptic man or woman should not be left much alone, only don't let them bother everybody with their personal experiences, if they desire to be tolerated.

Where this form of indigestion is accompanied with a general fatty increase, it appears to me to be frequently connected with gout, and I have seen many remarkable instances where this useless fat has been burned up under the influence of the sulphur waters, combined with well-regulated diet and exercise. I well remember when the extract of Fucus Vesiculosus was reducing (or said to be reducing) the over-prominent stomachs of the obese in Paris, I got a quantity of it, and put several heavy weights under it, and the same number under the old sulphur, all living on the same regime; on consulting the scales after three weeks' treatment, the weight of those under the F. V. remained the same or nearly so, whilst the weight of those under the O. S. in every instance had considerably di-

minished. In these cases I used the waters and baths in the usual way, and the extract of the plant to the extent, in some where it could be borne, of 150 grains in the 24 hours. I must add that the consumption of fat continues to go on in most for a long time after the waters have been abandoned; in others it seems to depend on their action, and when given up the patient becomes as fat as ever.

INDIGESTION FROM STRUCTURAL CHANGES.

In speaking of this form of dyspepsia, I do not mean to say that Harrogate can benefit those cases arising from serious organic structural changes, such as chronic ulceration, fibroid thickening, or any of the cancerous order. The structural changes I have to deal with at present are confined to the mucus membrane, which somehow has become the seat of chronic congestion or catarrh, a condition which necessarily interferes with healthy digestion, and gives rise to a variety of symptoms. Most of the cases which have come under my observation have been in existence for years—few have been able to give a very lucid account of the commencement of their illness—as far as I remember, no one attributed it to anything like an acute attack of gastritis, although several traced it to their having suffered from gastric or typhoid fevers. Others blamed a chill, such as in ordinary circumstances might induce an attack of bronchial catarrh, but most gave me the impression that their symptoms came on insidiously, and that the most marked one was a feeling of physical ex-

haustion and mental depression. On looking at the tongue it is generally proved to be thickly coated in the centre with a creamy-looking slime, red at the edges, sometimes fiery at the tip, or else its whole surface is uniformly raw and angry—there is marked tenderness at the pit of the stomach, the slightest pressure on which causes sickness—the presence of food does the same—sometimes the bowels are very constipated, at other times the reverse, or these conditions alternate. Portions of food are often ejected mixed with ropy mucus, sometimes, though very rarely, this is tinged with blood; the skin is almost always harsh, dry, and sallow, and towards evening there is thirst and increase of temperature with restlessness—sleep troubled with nightmare, and on waking there is a feeling of sickness and heaviness at stomach with headache, until a quantity of glary mucus is got rid of by vomiting. Throughout the day a feeling of weariness and indifference is predominant, and life appears very burdensome.

In some few cases I have found, after an exaggeration of all the symptoms I have just named, the patient has passed by the bowel a large quantity of loose white mucus, like maccaroni, or several very confined motions coated with a white parchment-looking covering, and immediately a very marked improvement has followed and continued for a time. Females suffer much more frequently than males from this form of dyspepsia. When it occurs among

men, it can be generally traced to the abuse of stimulants and tobacco. I am certain I have seen it in several cases clearly caused by the consumption of snuff, as was proved by the rapid disappearance of all the symptoms complained of, on the cessation of snuff-taking, and their reappearance on its resumption.

The mild sulphur waters and baths possess a most special influence in correcting this catarrhal condition of the mucous membrane, and in the majority of cases only require to be taken steadily and for a period varying from six weeks to two months, with an interval of rest during the course, in order to effect a cure which by proper diet and future medical treatment may be made permanent.

AFFECTIONS OF THE LIVER.

THE number of people who suffer from what are called biliary derangements is very great, but most of them know pretty well how to treat themselves: a little aperient, an extra mile or two with abstinence, generally sets them right—but there are others whose symptoms are not so easily got rid of, and if got rid of are prone to recur with increasing severity, until they form a most serious impediment to the well-being and usefulness of the individual; ordinary treatment in the majority even of these cases, if steadily persevered in, succeeds in restoring health, but now and again it fails, and when it does, the mineral waters of Carlsbad, Püllna, Friederichshall, Strathpeffer and Harrogate have not only been resorted to, but found highly beneficial in a large proportion of cases.

The most frequent cause of liver affections, whether functional or organic, is venous congestion, as may be readily understood when we consider that in its healthy condition an enormous amount of the blood in our bodies is passing continually through its substance. Whatever, therefore, hinders the free passage

of this blood on its way to the liver in order that certain changes may be wrought upon it there, or after it has undergone those changes and is on its way to the right side of the heart and lungs, is certain to lead to congestion of the liver—that, to suppression of its proper functions, and the development of those symptoms indicative of the presence of bile in the system. Whilst I believe that congestion is the most frequent cause of mischief, I would observe that I have so often met cases of disease of the liver appearing in members of the same family, and so often heard patients suffering from it say, "My father or mother died of liver complaint," that I am bound to admit that there must be a decided congenital predisposing cause at work in many instances of the more grave lesions of its structure.

The symptoms of ordinary congestion of the liver are frequently obscure, and passed over until jaundice appears. They are a disposition to feel shivery, sense of heat and fulness over right short ribs, with pain on deep pressure, often pain underneath right shoulder-blade, a tongue coated with yellow fur, bitter or metallic taste in mouth ; little or no appetite, costiveness, urine high-coloured. These soon pass away under simple treatment, but if often repeated they lead to enlargement, hypertrophy, and this interferes with the healthy performance of the functions of this most important gland. This is what occurs in the Indian liver, and in that of the

person who indulges to excess in coarse and strong stimulants, especially those impregnated with fusel oil.

A condition of hepatic torpidity, after a protracted and continuous residence in warm climates, occurs under the following circumstances :—

Many English can live for long periods in India without inconvenience. They never suffer from fever and ague, inflammation of liver or dysentery, the common complaints of their countrymen. They return to this country looking and feeling as well as if they had never been out of it. Soon after, they begin to look pale, lose appetite and spirits ; they are slightly feverish towards evening ; gradually their livers and spleens get enlarged, but there is no jaundice ; and however sallow, the white of the eye is clear and pearly, anæmic. Bile is secreted, but digestion and assimilation are not what they should be ; and the patient gets weaker daily. Some malarious influence contracted years before is undoubtedly the cause of all this. Frequently these patients are sent to Harrogate, where the waters, abounding most in the richest chlorides, prove useful in stimulating the chylopoietic apparatus, and in rousing the liver to a healthier action.

Another very common form of sluggish liver successfully treated by Harrogate waters is that which frequently accompanies uterine displacements and enlargements. Here, if the liver is not primarily at

fault, it becomes secondarily involved from the treatment necessary for the cure of the uterine affections; and, when this has been accomplished, it frequently happens that the patient is threatened with a return of the symptoms, or some of them, by reason of the congested and torpid state of the liver giving rise to constipation and obstruction to the return of blood from the pelvic veins. The most common symptoms attending this condition are a feeling of discomfort and weight, whilst sitting erect or standing, bearing down on attempt to walk or drive on rough road, with pain in lower part of spine, and very often a feeling of nausea. As soon as the liver is brought into a healthier state, and constipation overcome by the aperient action of the sulphur waters, the special local signs of congestion gradually depart, and the patient finds herself day by day enabled to take more liberties with herself, until her health is restored, and many get completely rid of local weaknesses which had for long interfered with the performanee of the most common and the most trifling of every-day duties or pleasures.

It occasionally happens that the liver may slowly become very much enlarged, without causing much inconvenience or giving rise to any very special symptoms. I can recall cases where the first sign of hepatic hypertrophy was shortness of breath on going up a hill, or swelling of the feet and ankles at night; and where, on examination, the liver was found to be

greatly enlarged, to have undergone degeneration to an extent scarcely credible, without giving rise to the usual symptoms of this condition; but generally we have very clear indications that something has gone wrong—the complexion acquires a yellowish tinge, the conjunctiva very much so; the colour of the stools gets lighter and lighter, that of the urine darker and darker; emaciation is perceptible, the clothes hang loosely on the shoulders, and the waist-band gets very slack. Often there is hæmorrhage from the mouth, stomach, or bowels; or there may be a short, dry, hacking cough, aggravated whenever there is an attempt to lie on the left side; and, lastly, we have jaundice, showing that the function of the liver, as far as the elimination of bile is concerned, has ceased. By-and-by other symptoms as clearly prove that the influence which the healthy liver has in effecting certain changes on the blood, thereby rendering it perfect for the repair of the continual waste of tissue, is no longer at work; and the loss to the system at large from the non-performance of these changes may be of more importance to the economy than the presence of bile in the blood is hurtful.

The following case may be taken as a typical one: A. B., æt. 51, came to Harrogate on account of a troublesome cough, which he had had for some weeks. On December 10, 1875, I saw him before breakfast. He looks old and shrivelled—skin yellow, dry; body greatly emaciated — from having weighed thirteen

stone, now weighs eight and a half. Tongue dry, the papillæ prominent, like those in the cat; gums spongy, breath offensive, pulse soft, regular 96, temp. 97⅘°, gets about five hours sleep, but not even that without whisky; has a short hacking cough, no expectoration, constant nausea; has been unable to take any food for some weeks; never suffered from constipation or headache; can't lie on left side, if he does makes him cough; has never been supposed to have anything wrong with liver. On examining his chest I find the lungs and heart present little worthy of remark, except that the right lung is pushed upwards by an enlarged liver, which can also be felt distinctly to the extent of three fingers' breadth below short ribs, and crossing the pit of the stomach to margin of right false ribs—the least touch causes retching. I at once put a stop to all stimulants, ordered milk diet with Brand's essence of beef, each morning to drink the old sulphur well, as hot as possible. The first morning the water was rejected, with a basinful of dark-green bile; the second morning the first glass only was retained: after that he had no difficulty with it, and in three weeks the liver had been reduced greatly in bulk, the cough disappeared, and, with a healthy appetite, the strength returned.

I mention this case because, if not too far gone, livers which have become diseased through drink respond to Harrogate treatment in a way that is very special. And one pleasing feature in the treatment is,

—patients take to the water kindly, and whilst on it have no difficulty in carrying out instructions as to the use of stimulants or their abandonment.

In treating such cases the great object is first of all to restore the circulation to something like its natural state, and rouse the hepatic cells to action.

Many medicines possess the requisite properties; but now and again some livers wont pay the slightest attention to them. They remain "on strike," and, as far as the excretion of bile is concerned, leave all to the kidneys. Now, these are the cases which frequently yield, and yield readily, to a course of Carlsbad or Harrogate water, both of which possess great power over the liver, to which they find ready access through its afferent veins. When the organ is so directly reached, it is not difficult to understand how they succeed in stimulating the blood current and exciting the hepatic cells and ducts till they again resume their natural functions—here their action is specific, and, like all specifics, impossible to explain.

JAUNDICE.

JAUNDICE, to every one visiting Harrogate during the season, must appear a very common ailment; at every turn one meets with a yellow face, varying in intensity from orange to olive-green. I have treated most forms, the purely functional from simple congestion or catarrh, that from mechanical pressure from gall-stones, &c., and the most serious cases from structural changes in the liver, including the worst forms of enlargement and atrophy; the effect of sulphur water in all forms except the last is most beneficial, and I know many cases where every few months an attack of spasm of the gall duct from thickened bill or the passage of gall-stones had to be endured with jaundice following, who have never suffered since their first visit to Harrogate from their old symptoms, and who keep their enemy in complete subjection, by coming annually for a three or four weeks' course of the old sulphur water, which has a decided power over the biliary secretion, rendering it more copious and fluid. I know one case where for the last 12 or 13 years the patient has only missed one year, and that year she had an attack of spasm

with jaundice; previous to her coming to Harrogate, for 14 or 15 years, she had sometimes several attacks of what she called gall-stones followed by well-marked jaundice. There is one form of this symptom I have seen, not often, but seven or eight times, which for long puzzled me; as it occurred always in patients without any sign of disease in any organ. Their livers on examination showed no flaw, the usual remedies had been given before they came under my care, or I gave them from the first, calomel, blue-pill, podophyllin, colocynth, iodide of potassium, taraxacum, nitro-muriatic acid and bitters; these failing, then Carlsbad or Harrogate waters for weeks without the slightest effect on the removal of the jaundiced condition. Their health seemed all the while little affected; they ate and drank whatever you allowed them, but remained as yellow as a duck's foot; they could give no very distinct history to which they could ascribe their attack: one had a fall on the ice, another had been worried in business, none were intemperate in any way; there was no appreciable change in the liver itself, no pain, and yet for weeks it did not secrete one drop of bile. At last, I having tried everything, went to Bromide of Ammonium and Strychnine, and the consequence was that shortly after, bile was observed in the stools, and rapidly disappeared from the skin and urine. As we frequently arrive at a true knowledge of the nature of pathological changes by the action of our remedies,

I think it not illogical to infer here that the jaundice arose from some temporary form of paralysis of the hepatic plexus of nerves, rather than from the more ordinary changes in the liver which give rise to jaundice.

The intolerable itching of the whole surface of the body which proves so common and teasing a symptom in this complaint, is greatly and often speedily removed by sulphur baths; and even when it depends on organic disease of the liver, I have known these afford more comfort and relief than anything else.

CHEST AFFECTIONS.

From June till the end of September, few places offer greater advantages to those suffering from chronic bronchitis and certain stages of consumption than Harrogate; its pure dry bracing air is the very best that can be inhaled, and by its influence alone the work of the lungs is made easier, more perfect, and many of the secondary troubles which commonly complicate affections of the chest are greatly lessened. I allude to the more perfect oxydation of the blood, the restoration of defective digestion, and through these the removal of the restlessness and sleeplessness which so often tax the strength of this class of invalids.

The night air of Harrogate during the summer months is even more suitable for these cases than the day, and must be breathed to know the feeling of having one's lungs inflated with air in every way perfect for the purposes of respiration. I always advise every one to sleep with open windows, but out of all draughts; then you awake with a feeling of freshness and buoyancy that is simply delightful. I have observed that this simple plan has prevented

night-sweats entirely, and allowed the patient to sleep through the night and awake free from headache, and with a fair relish for breakfast, when a closed window gave rise to headache, and distaste for all food.

When chest affections are accompanied by functional disorder of the liver, stomach, or bowels, as they very often are, then the waters are given with the most satisfactory results, and it is in cases of this kind that sulphur waters have acquired such a reputation abroad for the cure of bronchial, laryngeal, and pulmonary complaints. There is one form of bronchitis, which is by no means uncommon with people of middle life, which proves rather obstinate under the usual remedies, and which I have seen repeatedly entirely removed by a three weeks' course of sulphur water and baths, without the addition of any other thing in the way of treatment, and that is gouty bronchitis, the peculiar feature of which is that until you recognise the gouty constitution in your treatment of the bronchial disease you can make no impression on it. Here the cough and dyspnœa are most distressing in the morning, and generally accompanied by irregular action of the heart and various dyspeptic symptoms; you have also frequently a past history of painful joints, lumbago, sciatica; or other members of the family have shown gout, and these facts guide you in recognising the nature of the case and treatment required.

Cases of chronic bronchitis with profuse expectoration complicated with emphysema, improve rapidly. The bronchial membrane calms down as it were after breathing the pure non-irritating air, its secretion becomes less in quantity, and pus soon disappears from it altogether; the breathing becomes easier, and the patient, who on arrival could scarcely walk from his cab to his sitting-room without gasping for breath, in a few days can walk with ease on the flat, and in a few more is found ascending a steep incline at a slow but easy pace. Many patients of this class find that their digestion is greatly invigorated by small doses of the sulphur waters; however, baths ought seldom to be indulged in, especially during the early part of their stay. Where the heart is also diseased, the relief afforded to it by the diminution of the bronchial irritation is very great.

Those liable to spasmodic asthma are often very curiously dealt with. Arriving quite well, no sooner do they inhale the fresh air than suddenly their breathing becomes thick and laboured; this rapidly increases until all the worst symptoms of their old complaint return, and their whole strength is engaged in trying to force air into their already over-distended lungs. I have sometimes observed that by removing patients so affected from High to Low Harrogate, or vice versâ, relief speedily follows, and

the air-cells regain their normal condition, as the following examples show.

A boy about nine years of age suffering from extensive eczema was brought to lodgings in High Harrogate in the middle of summer; two hours after his arrival he was gasping for breath, compelled to sit up in bed, with every muscle in his frame employed in vain attempts to overcome the spasm of the muscular fibres of his bronchial tubes; his face was pale, cold and anxious, his lips blue, and the wheezing of his chest was heard in all parts of the room; he spent the night in this painful condition, the remedies prescribed having proved of no use whatever. Next morning I had him removed to lodgings near the old well, and almost immediately the severity of his symptoms relaxed, and in a few hours he was breathing quietly and asleep. He remained for many weeks on account of his skin affection, and during his stay never experienced another attack.

Last summer a young lady liable to spasmodic asthma had to sleep in the parish of St. Mary's for a certain number of nights before she could be married there; each night she tried to sleep in her lodgings in Royal Parade, she was attacked with spasmodic asthma; I advised her to change places with a sister who was living about eighty feet above her, near the Prospect Hotel, and on doing so, the

asthma ceased to trouble her, and no treatment was required.

Many invalids whose chests are simply delicate, after spending the winter and spring months in the south of England or Europe, and to whom life in any of our large towns is hurtful, would find the climate of Harrogate most suitable for them during the summer months. The subsoil does not retain water, so that after the heaviest rainfall the paths and roads dry up quickly, and permit one to take walking exercise without the chance of wet feet; in fact, there are few days even during the wettest season that the most delicate need be confined to the house the entire day. The prevailing wind during summer is westerly, and the air is so dry that at 11 p.m. I have often failed to detect the presence of moisture on iron railings and garden seats; I attribute this in a great measure to the absence of trees on the common. Many mourn over our want of shade—for my part, I look on the bareness of our Stray as one of the most distinguishing and beneficent features in the place, and I am pleased to see that trees refuse to grow on it; if they did, they might add to its beauty, but not to its salubrity.

GOUT AND RHEUMATISM.

THE number of middle-aged people of all classes of society suffering from some form of gout or rheumatism is legion, at least so it appears to the practitioner in Harrogate, as not a day passes without some one applying for advice on their account. Thus it happens that in a very brief space of time he has opportunities of studying every form of both conditions, and watching the result of his treatment. That may be spoken of under two heads, preventive and curative. As it frequently happens to those liable to attacks of jaundice, so it happens to those liable to attacks of gout and rheumatism, a properly-timed visit to Harrogate and a judicious and sufficient course of treatment there, will prevent the development of gouty and rheumatic symptoms; year by year I have witnessed this, and the regular return of this class of visitors every season almost to a day shows that they acknowledge the measure as a preventive one, for they come without a trace of disease about them, and tell you they undergo their full course of waters and baths on the principle that "prevention is better than cure." Many find it impossible to carry

this out, and miss their visit for one or more years, and the common experience is an attack of greater or less severity. The frequenters of most Spas tell the same tale, and although it seems difficult to understand how a month's course of a mineral water can protect one from attacks of rheumatism or gout during the rest of the year, still we must believe that it is so. I do so on the assertion of hundreds who are just as capable of judging of the result of their visit as I feel incompetent to give a scientific explanation why it should be so. Whilst we have this preventive action brought prominently forward I must not forget to take notice of another effect of Harrogate waters, and that is their power of inducing or developing attacks of the very diseases which I have just said they prevented the appearance of. Many are sent to Harrogate who have never suffered from signs of gout or rheumatism, but from some other group of symptoms for which its waters are found beneficial, and they have not taken them for more than a few days than they are attacked with severe forms of gout or rheumatism, rendering it necessary to put a stop to all waters and baths, and treat the acute symptoms in the ordinary way. Here, the exhibition of the waters leads to the development of the gouty or rheumatic mischief which may have been lurking in the system for long, besides aggravating the symptoms for which the patients applied for relief, and rendering their treatment uncertain and protracted.

As soon as the blood poison is recognised and got rid of, improvement in health follows, and often without much interference on the part of the doctor.

Gout and rheumatism have much in common as regards their origin, history, and treatment; the theory that their proximate cause is to be looked for in the presence in the blood of uric acid in the one case and lactic acid in the other, may be perfectly true; yet I can scarcely believe that this can satisfactorily account for the extraordinary symptoms which are met with in a large proportion of cases, and their capriciousness; that they depend on some altered condition of the blood may be taken for granted, but what its nature may be is, I think, a matter for further investigation. This we do know, whatever interferes with the ready digestion and assimilation of food, whatever retards the combustion of our bodies and the removal of the debris from them, prove important exciting causes in those predisposed to their attacks, and the converse of this holds good; whatever promotes tissue renewal and removal of its waste tends to ward them off or promote their cure, hence it is, hygenic measures become so important in dealing with them. Among these, pure water, and more especially certain mineral waters, have long held a high place in the estimation of the public as well as the profession. Nothing enters the system more readily, finding its way to all parts; it has the property of dissolving and decomposing certain impurities it finds

there, carrying these along with it; they are brought to the different sources of secretion and thus eliminated. That group of symptoms to which the name of rheumatic gout or rheumatic arthritis has been given, is by far the most difficult to explain or manage; so much constitutional debility accompanies it, any course which would exhaust the little stock of strength left, must diminish the chance of improvement. I believe that here we have the strumous diathesis combined with the gouty and rheumatic conditions, a state of poverty and impurity of blood which must lead to the development of degenerative changes in the parts affected of the most grave and persistent nature. In dealing with this complication of evils I have found the free and long-continued exhibition of the chloride of iron spring of great value; when this can be followed by a month or two at the seaside with tepid sea-water baths, the best results follow in cases which are not too chronic to derive benefit from any plan of treatment. The constant inhalation of a pure and cool atmosphere whilst the surface of the body is kept at a comfortable and equal temperature, ought always to be advocated in dealing with this class of patients, especially when young.

The waters of Woodhall Spa in Lincolnshire, are of great value in treating the most chronic forms of this disease, and have succeeded in restoring health when every other plan of treatment has failed. They contain iodine and bromine in combination with the

chloride of sodium, the quantity of iodine is small, of bromine smaller, so much so that some writers have thought that the active ingredient of the Spa was chloride of sodium. This, I believe, is quite a mistake; no doubt its presence adds materially to the power of the others, rendering them subtle and penetrating; but however it is, the curative effects of this Spa and of all natural waters cannot be measured by the number of grains of this or that salt which each pint contains. Mr. Cuffe, surgeon, Woodhall, has suggested that this water may contain cæsium and rubidium, and if so, the former being the electro-positive of the latter, an electrical condition may be established in the system by reason of the chemical changes which take place during the decomposition or digestion of the water. This, I think, may hold good in those cases where the action of a mineral water is altogether irreconcilable with the small amount of its active ingredients. Harrogate is, I think, better able to grapple with the sequents of gout and rheumatism than with any other group of symptoms whatever; I allude to the various kinds of dyspepsia, the sluggish liver, weak and stiff muscles, swollen joints and thickened tendons, which are so frequently left by them as legacies, for within itself, it possesses three very distinct waters, each of which forms an important part of the treatment most likely to meet the several wants of such conditions. The sulphur waters act first as aperients, depurants, and altera-

tives; the saline chalybeate second, as aperients, diuretics, stimulants with mild tonic properties; and lastly, when the patient is prepared for them, the strong ferruginous springs with their large measure of rich chlorides as restoratives and blood renovators of the very highest order. Whilst the system at large is being so influenced, the local defects are brought under the influence of various forms of baths, among which the hot sulphur douche ought to hold a much more important place than it has done hitherto.

Many patients suffer from anomalous gouty symptoms, flying pains in feet and head, sudden sharp attacks of pain in stomach or bowels, cramp in legs, short hacking cough in the morning, irregular action of the heart, and various other symptoms, for which they take aperients with alkalies and tonics with more or less benefit; still the symptoms insist on reappearing, and when this happens I have witnessed many cures effected by sulphur waters, sometimes by their enabling the patients to get up a real attack and so clear the atmosphere; at other times by gradually removing the gouty poison from the tissues where it had been resting; in either case the result is the same, the removal of those trifling but worrying discomforts which so frequently interfere with the night's rest of those subject to them, thereby rendering them to some extent unequal for the day's work.

NEURALGIA.

If there is one state of unhealth more difficult to understand—more difficult to combat successfully than another—it is that singular form of pain affecting the nerve tissue proper, which we call neuralgia. This pain confines itself to no particular nerves or parts, but attacks all alike: now it is superficial; now deep-seated; here its seat is the stomach; there the lungs or uterus; the great nerve centres themselves do not escape; and the brain and spinal column sometimes experience it in its worst forms. Often it flits about in the most puzzling fashion, from the forehead to the knee; from the throat to the bowels. To-day you may have it simulating bronchitis or croup, to-morrow inflammation of the deep-seated structures of the eye, or coats of the stomach. More frequently it is very much localised, and when it is so it may be found to depend on some local cause—pressure on the nerve trunk, for example. When facial it is often supposed to be connected with caries of the teeth, and many an one has had all, or almost all, the teeth pulled out, in order to remove the source of pain, in vain. It has been remarked by

various writers, that when the pain is of a scalding or burning character it is most difficult of removal. I have seen several cases where this kind of pain has been predominant, and never found permanent relief from any plan of treatment; for a week or two all seemed to go well, when back it came worse than ever. The cases of neuralgia which derive most benefit by a visit to Harrogate, are those which can be clearly traced to debility, especially when that is accompanied by anæmia. I have never seen much good effected in cases of severe local neuralgia; but in most of the erratic forms the result has been satisfactory, but by no means so satisfactory as I could desire, and until we know something more regarding the nature of this abnormal state of health, I fear our treatment of it will be followed by like success. The late Dr. Anstie, in his work on this subject, has thrown a great deal of light upon it. Before its publication, many looked on all neuralgias as of a gouty or rheumatic nature. This he refutes, and maintains that every true neuralgia is caused by atrophy of the posterior root of the spinal nerve of the part affected. He also holds that it is essentially a disease of debility, and brings a certain amount of evidence to show that it is *an hereditary neurosis.* Moreover, in a lecture I once heard him deliver at one of Dr. J. Crichton Browne's conversaziones in Wakefield Asylum, he maintained that this and all neurotic affections could be clearly traced to the

abuse of alcohol by the individual sufferer or his progenitors. Whether right or wrong in these views, we are greatly indebted to that scientific physician for the labour and research he brought to bear on this disease. For my own part, my experience leads me, empirically I admit, to arrive at a different conclusion as to the etiology of neuralgia, as well as to its connection with intemperance self-acquired or inherited. Debility of some form or another I have generally found the usual condition of most neuralgic patients, and their attacks were very frequently traceable to exhaustion following excitement or over-taxation of strength. I have not met with many cases that showed any family history of painful affection of the nerves; and the cases which have come under my observation could not be accounted for by atrophy of the posterior root of one or other of the spinal nerves. Atrophy—non-inflammatory atrophy —means structural disease and permanent incapacity —a condition of nerve which no system of treatment could possibly benefit. Patients suffering from most forms of neuralgia, although they may resist treatment for long, get well in the end; and many of them remain so. Would this be the case if there was actually wasting of so important a part as a posterior root?

Then as to intemperance acting as an exciting cause. Most of the worst cases I have seen have been fragile women, who never had been given to the

regular use—let alone the abuse—of alcohol; and I have little doubt that, were hospital physicians to go into the history of their neuralgic patients, they would find the greatest number furnished by the underfed, over-worked needle-women, who, as far as my experience goes, are the most suffering and the most temperate, as well as the most over-taxed section of our community. Grief, disappointment, I have frequently found acting as factors of neuralgia, especially among the higher classes of society. Under these circumstances it attacks the thoracic and abdominal nerves more frequently than those of the face or extremities, giving rise to palpitation, apnœa, vomiting, diarrhœa, renal, uterine, and vesical symptoms of the most painful and perplexing nature. We often find it associated with hysteria, and when it is so, I think that it is even more amenable to treatment than when it is not. This may be more apparent than real, as hysterical subjects are more impatient of suffering than those who are not.

SKIN DISEASES.

THESE are much more general than one would credit. Among medical men even, it is only those who, from their having made dermatology their speciality, know how very common they are; numbers of people are met daily and known intimately, who suffer from very decided and extensive cutaneous affections, and nothing is even suspected to be wrong with them. The parts affected are hid from view, and those exposed look and are fortunately perfectly normal. It seems rather singular that no one is willing to admit that anything is wrong with the outer covering of his body; and should this be so it occasions an amount of vexation, which hardly any other disease inflicts. The usual expression with patients suffering from skin disease is, "I would not mind if it were anything else, but to have this nasty eruption is horrid; no one in our family ever had a spot on the skin, and my skin used to be so pure." I have seen some get quite angry or ashamed, because they had to confess to having some paltry rash, whilst they would be almost delighted to inform you that they were martyrs to neuralgia, or victims of

heart disease; in short, you may sympathise safely with the subject of a consumptive cough, diseased liver, or worn-out stomach: but should your neighbour show a spot on his nose, keep off it—look as if you saw it not—if you wish to steer clear of offence. Should you desire to wound his feelings and raise a blush, you have only to say, "What is the matter with your face?" and you have gained your end, and, may be, made an enemy for life.

The reticence of patients, who are actually in the consulting-room of their medical man, is something remarkable, as if one had reason to feel ashamed of skin diseases more than other ailments. It is not unreasonable, I think, to suppose that much of this may be traced to the hard laws and severe penalties that were enforced against him who had "In the skin of his flesh a rising, a scab, or bright spot" (*vide* Leviticus xiii.). The appearance of any one of these subjected the unfortunate Israelite to being immediately carried before the priest, and by him incarcerated for seven days, however innocuous the spot might have been; if at the lapse of that time it was pronounced a leprosy, he was shut up again; and in the event of recovery was subjected to hard and oppressive enactments, for, besides having his clothes destroyed, he had to become the purchaser of various expensive offerings, and, what to many would be far worse, he had to shave off all his hair even to his eyebrows, and appear before the congre-

gation with head and face as smooth as a billiard-ball. Under these circumstances I have little doubt even the most devout Jew would try and conceal any blemish in his skin as long as he could, hoping that the unclean thing might depart as it came, and thereby save him from the awful treatment which must follow its discovery. Although we stand in dread of no such prison discipline, should our skins be ever so spotty, as did the Jew, still I believe that the moral effect of the Levitical law acts on the mind of the Christian, and makes him slow to admit that his skin is in any way unhealthy: for, whilst every one is ready and anxious to proclaim that he is suffering from bronchitis, consumption, gout, and rheumatics so bad, I have never yet met the man, woman, or child even who pled guilty of the itch, one of the simplest and most curable things going.

When we consider that the skin is one of the most complex organs in our bodies, both in relation to its structure and functions; that during the whole period of our lives it is undergoing perpetual changes of growth and decay; that it is subjected to all sorts of vicissitudes as regards its physical, mechanical, and chemical conditions, we need not marvel that it should exhibit many and important aberrations from its normal state, and that it is so very difficult to restore to health when it has become the seat of disease. Apart from those forms arising from poverty and the neglect of personal cleanliness, I question if

social position has any influence in determining the relative frequency or severity of skin afflictions.

By far the majority of the sick who visit Harrogate on account of its waters, suffer from one or other form of cutaneous bother, and every season, even the rarest forms are to be met with in private practice, or seen in the bath Hospital. With these I need not take up time, because, however interesting on account of their rarity, they can be treated more successfully by medicines than by waters. The same remark applies to all acute attacks of skin disorder; and as to the chronic, whose name is legion, I shall confine myself to the three most commonly seen, and most successfully treated with our waters and baths, and where, in many cases, ordinary treatment has either failed entirely, or only been able to afford partial relief. These three are chronic urticaria or nettle-rash, chronic eczema, and chronic psoriasis.

CHRONIC URTICARIA OR NETTLE-RASH.

Chronic Urticaria is often a most troublesome complaint, resisting every measure employed for its eradication. It continues to harass the patient every now and again for months and years; it is difficult to arrive at a true knowledge of its cause in many cases; in others it is clearly traceable to some error in diet, or constitutional peculiarity, or it may be found to depend on mental or emotional conditions. Whatever the exciting cause may be, there is already an unnatural and over-sensitive condition of the nerves of the skin, which renders them apt to create a disturbance in the circulation of blood through its vessels. I have seen cases where you had simply to touch the skin firmly in order to produce a patch of well-marked nettle-rash; or where the patient had only to think of it, and expose the neck or arm to view, and there it appeared, giving you an opportunity of witnessing its gradual development and subsidence; the eating of a single strawberry; a morsel of shell-fish, or the smallest dose of some medicines, especially opium, will at once induce an attack. In the majority of cases I have found it associated with some well-

marked form of indigestion and functional derangement of the liver, and when such is the case the action of Harrogate treatment is readily understood. The blood is thereby purged of certain impurities which have gradually got into it, and as soon as this is accomplished the rash ceases. The success is mainly due to the influence the waters exert on the skin and kidneys. Sulphur baths have the effect of soothing the over-sensitive cutaneous nerves, and sulphur waters can be made to act as powerful diuretics. When it is accompanied with general debility, the various iron waters are often useful in restoring strength, but I have not found them by any means so useful in dealing with the local symptoms of this most unsatisfactory disease as the sulphurous.

CHRONIC ECZEMA.

THIS is the most frequent form of skin disease, and often the most difficult to cure; its most distressing and persistent symptom is itching, and frequently it happens, if you can succeed in allaying this one symptom, the redness, swelling, &c., rapidly disappear. I have generally found that patients suffering from it have shown much anxiety to know something about it; they say, "Why have I this complaint? What is it? As far as I can learn, no member of my family ever had it." Others open their individual histories, by remarking, as soon as they present themselves, "I must tell you that this runs in my family; my father suffered from it, and I have a brother, or a sister, quite as bad as I am." These separate statements clearly show that it may occur spontaneously, or that it may be looked upon as hereditary; but, whether the one or the other, its features are the same, and after passing through the acute stages, it exhibits a marked tendency to become chronic and recurrent.

The oldest and most general opinion as to the cause of eczema is, that it depends on an overheated

or impure state of the blood; that it is, in fact, the outward expression of a true dyscrasia, like purpura, and we often find our patients speak of it as "the scurvy." For my own part, I believe that this view of its cause is very often correct. Somehow certain changes are wrought in the quality of the blood, which has ceased to be healthy—pure; either some crude irritating matter has been introduced by means of the imperfect assimilation of food, or some effete product of combustion has been retained, through the inactivity or incompetence of one or more of the great eliminators of the used-up tissues of the body. For example, an individual in middle life indulges in the pleasures of the table, takes little or no exercise, sleeps a great deal; his blood becomes loaded with impurities, the vessels become turgid; febrile symptoms appear, an outburst of acute eczema follows. Here I think it requires no great stretch of imagination to connect the rash with its cause, and to assign it to the state of the blood. For many years I looked upon all cases of eczema as dependent on this cause —the blood was either too rich or too poor; it contained something from which it should be free, or it wanted something which it should have. A more extended experience, and closer study of this disease, showed me that certain cases could not be very well explained by this humoral theory, and made me recognise the fact that the nervous system, and more particularly the vaso-motor nervous system, played a

most important part, sometimes in actually causing eczema, at other times, and more frequently, in prolonging its visitations, or occasioning a relapse. The following, among other cases, led to this :—

An Indian army surgeon, in 1860, had to resign his commission on account of eczema in both hands. After being two years in this country, and under medical care, I saw him. What struck me as singular in his case, was that the eruption was subject to violent periodic fits; that these observed much the same course as aguish attacks, and that they might be invoked at any time by the slightest error in diet, or by some trifling annoyance.

A young gentleman received a severe blow on the inner side of the left knee, shortly after, that leg became the seat of a most obstinate form of eczema.

A lady, whenever she partook of any kind of white fish, if she allowed it to touch her lips, they immediately became hot, red, and swollen, then itching followed, with exudation and desquamation. If you applied a piece of white fish to any part of the skin, that part became the seat of a local eczema.

The American war furnished many cases of eczema, as well as herpes, as the direct result of injury to nerves. We are constantly meeting with patients who attribute the eczema to their having been subjected to grief, anxiety and worry, or to over-fatigue, conditions which have a powerful influence over the nerves as regards nutrition. Taking these and many

other cases into account, we must admit that eczema may frequently be traced to a nervous origin, or to what Hebra has termed "faulty innervation." At the same time, I think that many other cases have their cause in a peccant matter in the blood, although for my part I am at a loss to say what that may consist of. Some observers maintain that it is uric acid, and, in short, that eczema is nothing but gout —gout in the skin ; and in order to treat it successfully, you must treat it according to the therapeutic indications, which are looked upon as specific in the uric acid diathesis. I hold that eczema is not gout, that in its origin and nature it is no more gouty than chicken-pox is. It frequently appears in persons of a well-known gouty habit, but so do all diseases; and when it does, like these, it is all the more difficult to combat, and demands, in order that it may be most scientifically treated, that we should bear in mind this constitutional proclivity.

A valid argument against the gouty theory, so strongly maintained by some, is to be found in the fact that eczema attacks the young much more frequently than any other class, and not only the young, but infants. Now these are not the usual martyrs to gouty pains, but the very class where one never expects to meet with any symptoms of this diathesis, even although we know that it runs in the families of both parents. I have often looked for eczema in cases of old standing dyspepsia, whose most com-

mon, sometimes whose chief, symptom was intense acidity. Everything they ate or drank turned acid; their urine for weeks and months together was found to contain a very large amount of uric acid, and yet I cannot recollect one single instance where this condition was accompanied by any disorder of the skin whatever. Moreover, I have examined the urine in hundreds of cases of chronic eczema, and I seldom found it much affected, either as regards quantity or quality. In, or more strictly speaking, after acute attacks, it is highly charged with urates; but that is common to all acute diseases, and by no means peculiar to this one. What I have observed leads me to infer that the true etiology of this disease is, that it occurs in some instances as the outward sign of a real dyscrasia, in others of as real a neurosis. I am fully alive to the fact that Professor Hebra ignores the former theory, and assigns all forms of eczema to "faulty innervation." Great as the celebrated German undoubtedly is as an authority in all matters pertaining to dermatology, I cannot agree with him in attributing all cases to nerve influences, any more than I can subscribe to his view that it is not a fact that eczema is hereditary, of which I think we have most conclusive proofs; although I must confess on this point the highest English authority on skin diseases does not exactly admit it, still he comes very near it, for he asks, "If peculiarities of local form and aspect can be handed down, why not dispositions to abnormal

nutrition, localised in one organ or tissue of the parent, be repeated in the child? If heart disease runs in a family, why may not skin diseases do likewise? If xeroderma, and its more advanced stage, ichthyosis—which are certainly not blood diseases—be hereditary—and they unquestionably are so—why not eczema behave in a similar manner without being a blood disease?"* In my opinion, we err on the safe side in holding it to be hereditary, were it only in order that we might warn those who have been afflicted with eczema against consanguineous marriage, or marriage with one who has exhibited similar symptoms.

In the treatment of chronic eczema no hard line can be drawn. Here, as in most forms of disease, each has his favourite remedy, internal and external; this one swears by alkalies and colchicum, with water dressing; that by mineral acids and zinc ointment; another pins his faith entirely to iron or arsenic, with the application of powdered starch to the parts affected. Each and all have something, you may be certain, to recommend them; yet this very diversity of treatment shows that in chronic eczema no rule can be given for its specific treatment. The skin, as well as the patient, must be studied, as it has quite as many peculiarities as the man it covers, and is as ready to take offence when occasion offers as he is. I have often found that I had to change my plans;

* *Vide* Dr. Tilbury Fox on Skin Diseases, Third Edition.

that cases did uncommonly well upon most methods for a time, then ceased to improve, and shortly became worse. I know no disease which so frequently tries our patience, and frustrates our best efforts. This is especially the case when it is accompanied with dyspeptic, hepatic, gouty, or rheumatic tendencies; and it is in such cases that a course of Harrogate sulphur waters and baths act with the most perfect success. When it occurs in conjunction with struma, then the Chalybeate saline springs, the Kissingen, Chloride of iron, and Alexandra especially come in as agents of equal power. Whilst speaking of the treatment of chronic eczema, let me say a few words as to an opinion held by some, that in certain cases it is not advisable to attempt its cure; that you would drive it in, and throw a burden on some internal organ of far more importance to the economy than the skin, and in all probability do much harm. This, in general, I have never seen verified; and there are only two conditions that make me cautious in attempting to effect as speedy a cure as possible; these are where it occurs to the entire scalp and face during teething, and in elderly plethoric subjects with degeneration of arterial coats. In both of these I have seen serious and fatal mischief result from the rapid disappearance of an eczematous rash under the influence of medical treatment. In cases where it is complicated with spasmodic asthma, we very often find that as the rash gets better the breathing gets

worse, and *vice versa*, but no danger attends the substitution of one group of symptoms for the other, and it is difficult to say whether the patient's sufferings are greater when the breathing is laborious or the skin itchy. This form of complication is one I have found seldom influenced for good by bathing, although the internal use of the waters is often of great benefit. I have also remarked that where we have these complications, patients improve for a week or two after each change of residence or treatment, and then relapse to their old ways. In such cases I would imagine the compressed air bath might be found of use, but I have no personal experience of its effects in this unfortunate complication.

CHRONIC PSORIASIS, OR LEPRA VULGARIS.

THIS disease has been and still is looked on by some authorities as identical with that leprosy we read of in the Bible, and which proved a "plague" to the ancient Israelites, requiring for its treatment the enforcement of the most absolute separation of the sick from the healthy, and the destruction of every material which had exhibited the smallest sign of having been smitten with it. Without doubt many of the symptoms of the lepra of to-day correspond with the description left us of that of the time of Moses. The scales are white; when removed there is the raised red spot. These spots spread; the parts of the body affected are the same; but the hairs do not whiten, and the lepra we now see is eminently non-contagious, and its white scales do not attach themselves to the skins of beasts and walls of houses. I think it highly probable that psoriasis was as common among the ancient Jews as it is among ourselves, and that it would be found side by side with cases

of contagious lepra; but owing to the impossibility of recognising the one from the other from want of diagnostic power, the subject of psoriasis would be treated exactly as if he had been a leper. All skin affections must have met with the same fate, even boils, and we cannot wonder that this one in particular should have had the word unclean pronounced against it. At the present time psoriasis is frequently seen in many parts of the East, and the modern Jew shows evidence of its presence as often as his Gentile neighbour; but we shall seek in vain for a cutaneous disease to answer the description of the leprosy of Scripture, which possibly depended on the presence of a parasite, a white fungus which had the property of attaching itself and spreading, propagating on structures differing so widely in their nature, as wool and stone, as well as on man and beast. The traveller now as he passes from one Eastern city to another, meets at its gates poor wretched objects, modern lepers, but these have nothing in common either as regards the history of their disease, the local and constitutional symptoms it presents, or its inevitable consequences with their retrospective namesakes.

Psoriasis stands next to eczema as regards frequency. It is very seldom seen in children under ten; frequently after that age, where it is hereditary, we may detect one or two isolated patches of a slightly reddish hue, not very scaly. These often disappear

without treatment, return again in the spring or autumn, until puberty is passed, when the eruption becomes more pronounced and persistent, showing a decided preference for the knees, elbows, outside of thighs, legs, and hairy scalp, but seldom affecting the face or hands. If the scales are allowed to accumulate, they become white and of a pearly lustre; but as they are liable to removal from the friction of clothing, washing, &c., they seldom present this peculiarity, and for the most part are of a yellowish colour and opaque. No constitutional disturbance precedes or accompanies the eruption, and barring its unsightliness, the individual is in perfect health. Of the cause of this disease we know nothing. Why certain little patches of skin should become over-vascular, and why this should lead to excessive cell growth, and cell growth of a normal character, although in too great abundance, is a problem still to solve. Of all diseases of the skin I believe it to be the most capable of transmission from parent to child, with a tendency to increase in virulence as it descends. However virulent, I also believe no disease is so little apt to impair the general health if left to itself, and that in time—it may be a very long time—it wears itself out, leaving the patches of skin in a perfectly healthy condition. This I have also noticed, that some cases respond to treatment readily; others presenting the very same features defy all medicines; and often in these cases I have seen great

mischief result from too prolonged courses of powerful and poisonous drugs. Some medical writers have affirmed that psoriasis is very often associated with pulmonary consumption. I agree with them, but connect the lung evil with the remedies employed to cure the rash—not with the rash itself. It is not possible that the economy can permit the exhibition of accumulative poisons for months and years without suffering in one or other of its parts; above all, arsenic and mercury ought to be administered so as to avoid their doing permanent injury to the constitution, whilst they can in most instances effect but temporary good to a harmless eruption. Others look on it as a sure indication of gout; and I admit that the two are frequently found to exist at the same time in the same subject; yet I hold them to be perfectly independent as regards causation, and therefore requiring at our hands some discrimination in their treatment. Perhaps the reason that psoriasis has been so often looked on as of a gouty nature may be accounted for by the fact that when it makes its appearance for the first time, it very generally does so after adolescence, the very period when gout is apt to show itself. When it is hereditary it very often appears at an early age, and continues to maintain its hold till the individual reaches that time of life when gout may be expected, and so we have the two running in couples. Yet I am inclined to view them as distinct diseases, and when they do exist in the same indi-

vidual, in order to deal with them successfully they must be dealt with separately. I have often found that, although the patient got rid of all traces of gout, his skin remained as full of scaly patches as ever. This, I think, would not be the case if there was that intimate connection between the two which some maintain. My experience leads me to believe that psoriasis is little under the influence of any other disease, whether chronic or acute; these run their courses, leaving the patient, as far as the eruption is concerned, just as they found him. Certain seasons have much more power over it; in some it disappears entirely during the winter months, in others during the summer; but I rather think a hot dry summer is more apt to aggravate it than any kind of weather, and I have frequently seen it affect parts during or after such a season which it had never encroached upon before. If psoriasis is not affected by the superaddition of other aberrations from health in any one suffering from it, however extensive it may be, it does not in any way interfere with the general health, or even comfort of the patient. It must have a depressing effect on the spirits, especially when females are the subjects, but that is often greatly increased by the lowering effects of arsenic and iodide of potassium, and might be very much lessened were they made aware of the perfectly innocuous nature of their complaint, and the possibility of its being kept within bounds. In this country psoriasis is much

more frequently met with in people with fair and fine skins than among dark, and shows a decided preference for the strong and healthy. Various writers maintain that it is usually associated with some form of debility of a constitutional character; but this has not been my experience. It is confined to no race or country, and presents the same features wherever it is found. As to the varieties of psoriasis, I have nothing to say; they all present two or three very distinguishing features in common, the first being cell proliferation, the second that this excessive growth neither injures the general health nor leads to any ulterior change in the skin itself; third, that it is most difficult of cure, and when cured apt to recur; and, lastly, that it is hereditary.

Two cases have just presented themselves in proof of the two last facts. I have been called to a gentleman, æt. 78, on account of bronchitis. I also find him the subject of extensive and continuous patches of psoriasis, and he tells me he has never been free of it since he was fourteen years of age, that he has never been treated for it, and that the only application he ever used was a rag soaked in cold water. He is a hale, active man, and rides and walks as vigorously as he did when in his prime. The other case is a girl of eleven covered with psoriasis. The spots vary in size from a pin's head to a sixpence, involving the whole skin except hands and feet.

Two years ago her brother, then eight, suffered in the same way. Last year a sister, twelve, had it, and now the mother, for the first time in her life, shows a few places on one cheek, and one patch on left shoulder. She tells me that her sister is affected likewise, and that they can trace it back to the grandfather. All are fair-skinned, very healthy and robust.

As to treatment, this involves constitutional and local remedies. Of the former, by far the most powerful and specific against this cell growth are the different preparations of arsenic; in fact, these are the only medicines which act directly on this eruption; other medicines may do so indirectly by improving the digestive organs, and giving tone to the system generally. But arsenic alone seems to be able to cause its disappearance. Unfortunately, this medicine cannot be borne by all patients alike and many even refuse to get well under protracted courses of the drug. In all its exhibition must be carefully watched, as, if pushed too far, or given where from idiosyncrasy it is not admissible, most unpleasant and occasionally serious symptoms arise. Local remedies may be divided into two kinds, soothing and stimulating. Among the soothing, baths of different kinds must be held as holding the first place, and if properly carried into action, they prove of immense value. They soften the skin, remove the accumulated scales, and thereby enable

other applications to reach the hyperæmic vessels. I have known a three months' course of the mild sulphur baths completely remove every vestige of psoriasis in cases of very long standing and extent. I have repeatedly found that the daily immersion in a bath of cold water summer and winter at the ordinary temperature, remaining under the water as long as the patient can bear it (in very cold weather one minute to two, in very warm twenty minutes to thirty may be borne), has had a very decided influence in keeping this disease in check. But this treatment requires a vigorous constitution to start with, and above all, a strong heart to ensure reaction.

Where baths cannot be had, water dressing with oil-silk coverings, act much in the same way. Of the many soothing ointments, I give preference to cocoa butter, as the most cleanly and least apt to oxidise. Where stimulant local measures are needed, we use soft soap, the preparations of tar, vegetable and mineral, mercury, iodine and their combinations, all possess great virtues, and if judiciously applied, may keep the disease in subjection. Change of climate frequently proves eminently curative; sometimes from the sea coast to inland, or the opposite, very generally from a low to a high situation, will be followed by a rapid subsidence of the rash. I have met with many patients who assure me that as soon

as they get into the mountainous regions of Switzerland their skins become free from every spot. Unfortunately this does not last longer than their sojourn among the heights, for as soon as they return to the plains the eruption again shows itself.

Whenever psoriasis is accompanied with symptoms of derangement of the stomach, liver, or other organ, the treatment must first be directed to that quarter, as it would be unreasonable to expect that the skin should respond to remedies when its condition was aggravated by the presence of such complications. Should there be general debility, measures for restoring strength must be first put in force in the form of tonics and nutriments. If the blood has become loaded with impurities, these must be got rid of by the exhibtion of medicines which act as depurants, and thus having restored strength and eliminated morbific elements from the blood, we may fairly hope to obtain satisfactory results from the local and constitutional remedies which experience has proved useful in the treatment of this affection.

In dealing with all skin diseases, more attention ought to be paid to the character of the skin itself than is generally the case. There is too much routine practice here, and the different forms of cutaneous disease are very often treated according to their names, without reference to the varieties of texture and functional activity which we meet with

so frequently. The skins of the young will not bear the same treatment as those of older growth, and I have found, or imagined I have found, that the skins of patients coming from the northern parts of our own country stand rougher treatment than do those from the southern. Dr. Tilbury Fox, in speaking of the different modes of treating skin diseases in England and the Continent, points to the fact that here we could not use the same strong measures which are resorted to in France and Germany, and he further observes, "Differences in the pathological conditions of the same disease, as seen in London and Vienna, are observed, and such being the case merely even *à priori*, one may expect that some differences of treatment may be required to suit the respective constitutional conditions which result from the operation upon individuals of different modes of life, climatic influences, particular diet, habits, and a dozen other like things."

My remarks apply to true psoriasis only, the distinguishing feature of which is that in almost all cases you have the knees and elbows exhibiting spots, and these generally occupy the very centre of the joints, where they will remain stationary for great periods of time, in spite of everything. The eruption, wherever it appears, is of the same character, and generally shows a disposition for the skin on the outside of the extremities. The scales are

deposited in layers, and are very adherent, and when the hairy parts of the body are affected, the hairs themselves remain perfectly healthy. The diseases of the skin most frequently mistaken for psoriasis are syphilitic eruptions and ringworm. Of the former, we have a very common form of syphilitic psoriasis, but the rash may be easily distinguished from true psoriasis by attention to a few of the following facts :—1st. The fact of previous syphilitic poisoning; 2nd. The presence of febrile symptoms; 3rd. The character of the eruption, which in the syphilitic form generally appears most abundantly in those parts of the skin least affected in the true—the insides of the extremities, palms of the hands, and soles of the feet. The scales are smaller, less adherent, and vary in shape. The colour of the hyperæmic patches is of a dusky brown; and on examining the mucous membrane of the mouth you will generally find patches on the tongue and throat, with fissures. These I have never found in true psoriasis. Then we have the action of remedies to assist in our diagnosis. In syphilitic psoriasis mercury and iodide of potassium soon pronounce in favour of a specific origin, whereas in the other they exercise no power except for mischief. In tinea circinata we have circular patches, as in psoriasis, but these are slightly raised. The rings are found to consist of small vesicles or papules, giving off a

furfuraceous dust, unlike the scales of psoriasis, and if examined these will be found to contain traces of the trycophyton tonsurans; the rings widen in circumference, leaving healthy skin in their centres; and when they encroach on any part covered with hair, the hairs dry up, bend, and are speedily nipped across by the parasite.

I have had ample opportunities of witnessing the effects of Harrogate waters in the treatment of every form of this disease, and whilst it occasionally proves of no value whatever, sometimes, although very rarely, aggravating instead of lessening the evil, from the success I have met with in hundreds of very old and obstinate cases that had been treated in every way possible, including visits to Continental watering-places, I cannot hesitate for a moment in recommending those suffering from it to give Harrogate a full and fair trial. I feel certain that in my early practice I might have met with more success than I did, had I but insisted on a more protracted course being necessary; now I know how little can be done in a three weeks' visit, how much in as many months. With children I invariably advise them to be sent to one of the local educational establishments, so that they may carry on their lessons whilst under special treatment, and I can point to many instances where the result has been the disappearance of the rash entirely; in all,

there has been great improvement—many of the worst forms of psoriasis being gradually modified until they presented only a few isolated spots or patches, and these confined to parts of the body where they were of little consequence.

BOILS, CARBUNCLES.

PATIENTS labouring under this form of disease are frequently sent to Harrogate, and the influence its waters and baths have in correcting this local inflammation is very great. Boils very generally come in crops, no sooner does one burst and heal than a successor takes its place, and this often goes on for months. They appear to occur under two conditions — poverty of blood from debility after acute illness, or impurity of blood from the absorption or retention of poisonous or effete matter. In the former case the saline chalybeate and pure chalybeate waters are clearly indicated, in the latter the sulphurous; the liver is frequently found to be inclined to torpidity in these cases, and the whole system of digestion at fault. Pure atmosphere is an important element in the treatment of this class of patients, and immunity from worry and work is no less so.

After carbuncles have passed through their acute stages, and the sloughs got away, they often leave the patient in a very prostrate condition, and the process of healing is interrupted when this happens.

A change to Harrogate is very speedily followed in the majority of cases by rapid amendment under the exhibition of the Kissengen, and especially the chloride of iron spring. I have seen more visible changes for good in patients weakened by carbuncle than in any other class, and the amount of the chloride of iron they can stand is proportionately great. When this water is so freely borne, it is well to disallow all stimulants, and occasionally to interrupt its exhibition for a day or two and administer an aperient at the same time.

FUNCTIONAL NERVOUS DERANGEMENTS.

Among these the first that comes to mind is certain forms of hysteria, accompanied with more or less anorexia and persistent vomiting as the prominent features. I have seen many cases where girls would or could eat little or nothing, and who invariably brought up a portion of that little, who had been ill for months, defying every plan of treatment, improve steadily, sometimes even rapidly, in Harrogate. The treatment is as much moral as medical—they are compelled to go out, they are diverted by what they see passing around them; the stinking waters, just because they are stinking, sit light on their stomachs—they can't or dare not vomit them. Given in small doses, and if possible always sending the patient for them, they gradually promote a healthier condition of the liver and entire alimentary canal; food, little by little, is better borne, there is less and less vomiting, and the patient soon begins to pick up her crumbs in more senses of the word than one.

I have advised many of these patients to take some little thing—a hard-boiled egg—with them, and eat it whilst being hauled along the paths in a bath-chair, and it is marvellous how this "al fresco" snack goes down, and remains down; no one likes to be seen in the act of vomiting on the streets—a mental effort may be required to abstain from it, but under the circumstances it is sufficient, and the habit of ejecting food once conquered, the rest is easily accomplished. Great judgment is requisite in dealing with these cases—firmness and kindness combined are essential. Often these hysterical symptoms are caused or aggravated by functional irregularities with a kind of stagnant condition of the pelvic viscera, and here again the sulphur waters come in as powerful stimulants and correctives.

The second form of functional nervous derangement is what is called hypochondriasis, a misnomer, I think, in many cases, as few complain of any feeling of discomfort at the pit of the stomach which hypochondrium means. Physical melancholia would denote the condition better, the body has lost its sanity by reason of some change having taken place in its organic nerves; here the reason is unaffected, we neither have delusions or illusions—the one symptom is physical depression. The patient knows as well as you can tell him there is no reason for

his being so down in the mouth; he will tell you more, that his affairs are prosperous, his friends kind; that he can have everything his heart desires, and yet he has no relish for society, business or pleasure, and goes about looking and feeling as if he had lost his last friend and parted with his last shilling. Generally this feeling of despondency and indifference is worst in the morning; it is often intermittent, lasting for weeks or months—the cloud which enfolds the patient sometimes is suddenly lifted, sometimes gradually, and physical enjoyment returns. In some cases we cannot trace this state to any one source, in many others we can very clearly connect it with hepatic or dyspeptic causes, or to the presence of uric or oxalic acids in the system. When this is the case, Harrogate treatment often does a great deal of good. I have seen many patients experience relief from their lowness of spirits shortly after adopting the course, but they must be made to go in for it thoroughly. Last year I found the Skating Rink help more than one hypochondriac over the stile, and I have no doubt it will prove a valuable, although indirect, means of treating many other cases, combining as it does, a healthy and agreeable exercise in the open air with pleasant companionship.

The next form of nervous functional derangement

is St. Vitus's dance—insanity of the muscles as it has been called. Most cases, under different forms of management and medical treatment, run a course of from six to eight weeks, and then get well; but some continue for a longer period, and these chronic cases are those I would confidently recommend to give Harrogate a trial. I have treated a very considerable number, and found them yield to the chloride of iron spring in conjunction with shower-baths and outdoor recreation — especially horse exercise.

ALTERED CONDITIONS OF BLOOD.

CASES of poverty of blood, where the relative proportion of the red and serous constituents has been disturbed, the former being greatly diminished, are easily recognised by their pallid faces, clear pearly conjunctiva and bloodless lips and gums; they suffer from breathlessness on the least exertion, with palpitation; loss of appetite; their lower eyelids after a night's sleep are puffy, so is the face sometimes, and at night the feet and ankles more frequently become œdematous. If you press the fingers on any part firmly, in a few hours you will find that part black and blue; the body may be round and plump, and keep so on the smallest amount of food of the simplest kind. This state may be the result of various causes —direct loss of blood; waste induced by acute disease; from mental depression; disappointed affection; or it may come on without any assignable cause whatever. It is much more commonly met with among young females than any other class, and is most difficult of cure. Iron and fresh air, with suitable nutriments, are the best means for remedying this deficiency of red blood; and of all the preparations of iron, I know

none so easily assimilated, none which enter into and become incorporated with the blood so quickly as that which is found in mineral waters, and of those highly charged with carbonic acid, the sparkling Chalybeate springs of Schwallach, Pyrmont, Spaa, and St. Moritz, are by far the best. After them come the iron springs which hold certain salts in solution, such as the Harrogate Kissengen, Alexandra, and Chloride of iron springs. Here the various chlorides act in the same way as the carbonic acid, but not so pleasantly: they render the iron easier of digestion, and besides that, they assist in promoting a better solution of food; they are much more likely to do good than the pure chalybeates, which contain a very small amount of carbonate of iron held in solution by an equally small amount of carbonic acid. Sometimes we find the blood greatly altered in certain chronic diseases where nutrition has been interfered with, especially in diseases of the liver: the blood becomes very dark; it escapes from the vessels underneath the skin, forming purple points or blotches which last weeks or months. There is often hæmorrhage from the mucous membrane, and brushing the teeth or mastication is generally accompanied with bleeding from the gums. The symptoms resemble those of scurvy produced by long-continued use of salted provisions, minus fresh vegetables, but unlike

scurvy they refuse to yield to antiscorbutic remedies such as fresh vegetables and lime juice; in short, often the blood continues in this broken-down condition in defiance of treatment. Whilst several cases presenting these features were undergoing a course of sulphur waters on account of liver complaints, I have had my attention frequently directed by the patients themselves to the remarkable changes produced on these blood-stains, and to the almost sudden cessation of the bleeding at the nose and gums: in many, these perhaps because the most objective were the first improvements observed. The explanation is very simple: the water corrects the faulty action of the liver, and improves the processes of digestion; chylification is made more perfect, the blood has richer new material added to it, and whilst this is going on it is also having the fusty matter which has been poisoning it ever since it got into it, removed by increased activity on the part of the various channels of excretion.

IMPAIRED VITALITY.

CASES where a sheer incapacity for the exercise of the simplest mental and physical acts are to be met with, among both sexes, without any discoverable symptom of disease in any organ or function. The majority of these patients can eat, drink, and sleep as well as when in the possession of their full powers; but that is all they can do—they are literally helpless in mind and body—can't walk above a few yards, and their brains are just as incapable of thought as their limbs of movement. They are what one of them said to me she was, "poor creatures;" and with all this, they often look as well as ever they did, and people very charitably suppose that "it is all nonsense, that they could do as other folks if they only would," "'tis all nerves—fancies;" never was there a greater mistake. This weakness is not put on, is not imaginary, but a very sad reality—as trying and painful to bear, as bamboozling to cure.

In most instances this condition presents itself in young, sensitive, emotional girls, after puberty; but sometimes it occurs in women of mature growth, and occasionally in adult men. It is sometimes traceable to overstrain of the system during sick nursing and broken rest; anxiety and confinement for weeks or

months have been frequently followed by this kind of physical collapse. Sometimes it has come on insidiously; day by day the patients have found themselves less and less equal to the calls made upon their strength, and very often after trying to do something or other, although feeling unequal to it, they shut up, and remain in this exhausted state for long periods. I have seldom found that it was conduced by any blamable conduct on the part of the individual. In young men I have seen it develop itself repeatedly after an arduous, protracted, and sometimes successful course of study; and in girls most generally after some heavy grief. However induced, the patients are most anxious to get well, and often injure themselves and retard their progress by attempting to hasten their cure; this is also a frequent mistake with their medical attendant. Nothing but the greatest patience and the gentlest treatment will do here. Kindness and encouragement will meet with more success than harshness and indifference.

In all cases what are called hysterical symptoms are more or less prominent, and men show the same emotional tendencies as women. I even think I have found them more apt to give way specially to bursts of weeping: they feel their uselessness acutely, and this makes them very apt to break down, especially when they meet with the indiscreet sympathy of friends. One of the most common features is the

utter loss of brain power. Any attempt at thought produces a feeling of confusion or bewilderment which is most painful—the brain aches, or is said to feel tired, on attempting to read or write a few lines. And the same sensation is caused by conversation of the most ordinary nature. Mere existence, and the performance of the bodily functions necessary to life, constitute full employment for these cases, and at the end of the day, or rather from the beginning, they are thoroughly fagged out.

Travelling is badly borne, and after even a short journey it takes days to recover from the prostration which it invariably entails. I have met with many instances where the patient did not shake off the effects of a six or seven hours' railway journey for weeks.

The symptoms described clearly point to some serious functional defect in the nerves of organic life. They may be unaccompanied by any structural changes in the nerves themselves, or in the organs dependent on them for the healthy performance of their proper work; but this defective supply of nerve force becomes a most serious matter, not only from its terrible debilitating effects on the entire organism, but from its laying the individual open to attacks from diseases to which he may be predisposed, or rendering him unequal to make a stand against any unforeseen or accidental mischief that may come upon him.

I need scarcely say that the treatment of these patients is a matter of great difficulty, the grand object being to impress on their minds the necessity of their accepting their condition, recognising that they are absolutely fit for no kind of exertion, that they must allow their minds and bodies to lie fallow for a season, and that their time must be spent like an infant's, in eating and sleeping.

A very large number of such patients come every year to Harrogate, and the progress they make, although very slow, is encouraging. They generally find benefit from the use of the mild chalybeate springs and the passive outdoor bath-chair life they are made to lead. In some cases at first the air is too stimulating for them and takes the little strength they have away, making them incapable of being dressed even. In these cases there is always a considerable amount of febrile reaction: this continues for a day or two, and passes off without having done much harm. It also frequently happens that improvement goes on steadily for a considerable time, and then the patient comes to a stand-still; when that occurs, send him somewhere else, for if you keep him where he is my experience teaches me that he will go from bad to worse.

THE END.

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